

# AQUATICS GROUP SWIM LESSONS

## SWIM LEVEL IDENTIFICATION CONTINUED...

### LEVEL 3 – STROKE DEVELOPMENT

This class will build upon Level 2 material. Students will work on improving their freestyle, under water swimming, continued water safety and will be introduced to elementary backstroke and backstroke as well as breaststroke kick and dolphin kick. Students will be introduced to the basics of diving. Each session consists of eight 40-minute instructional lessons with 5 minutes for parent/instructor discussion. *Prerequisites:* Age of 6 years and successful completion of Level 2.

\*By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.

### LEVEL 4 – STROKE IMPROVEMENT

This class will build upon Level 3 material. Students will work on improving their freestyle, elementary backstroke, and backstroke. Students will be introduced to breaststroke and butterfly as full strokes. Students will continue to practice diving in and be introduced to open turns. Students will continue to practice water safety skills. Each session consists of eight 40-minute instructional lessons with 5 minutes for parent/instructor discussion. *Prerequisites:* Age of 6 years and successful completion of Level 3.

\*By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.

### LEVEL 5 – STROKE REFINEMENT

This class will build upon Level 4 material. Students will perfect their freestyle, backstroke, breaststroke, and butterfly as well as continue to work on endurance and stroke technique. Students will refine their diving and open turns and be introduced to flip turns. Students will continue to practice water safety skills. Each session consists of eight 40-minute instructional lessons with 5 minutes for parent/instructor discussion. *Prerequisites:* Age of 6 years and successful completion of Level 4.

\*By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.

## PRIVATE & SEMI-PRIVATE SWIM LESSONS

Private and semi-private swim lessons are available for ages 2 years to adult. Sessions are designed for non-swimmers, beginning swimmers or those seeking stroke improvement. Each session consists of four 25 minute instructional lessons with 5 minutes for parent/instructor discussion and instructor prep time. Classes will meet at Milburn Pool at the time registered for. Please note that morning lessons take place during our regularly scheduled group lesson times and evening lessons take place during public swimming hours, there will be other people in the pool. Scholarships are available for lessons; see page 7 for more information. **Classes will meet Monday – Thursday; Friday will be reserved for inclement weather and Holiday make-up days.**

**AGES:** 2 years – adult

**FEE:** Private Lessons: One student per instructor

**CEDAR PARK RESIDENT**  
\$75 per session

**CEDAR PARK NON-RESIDENT**  
\$100 per session

**Semi-Private Lessons: Two students per instructor**

**CEDAR PARK RESIDENT**  
\$50 per session (per student)\*

**CEDAR PARK NON-RESIDENT**  
\$80 per session (per student)\*

**DATES:**

Session 1 (week 1)	June 1-4	Session 1 (week 2)	June 8-11
Session 2 (week 1)	June 15-18	Session 2 (week 2)	June 22-25
Session 3 (week 1)	June 29-July 2	Session 3 (week 2)	July 6-9
Session 4 (week 1)	July 13-16	Session 4 (week 2)	July 20-23

**TIME:** Please refer to [www.cpparks.net](http://www.cpparks.net)

\*Students must be close to the same level in order to have semi-private lessons together. The Parks & Recreation department does not match students; participants are responsible for finding their own partners for semi-private lessons. If a semi-private session fails to have two students, the class may be canceled and the students will be rescheduled for a session at a later time.

### The following policies apply to SWIM LESSONS ONLY:

**Missed days:** There will be no make-up days for classes missed by the student.

**Parents/guardians during the class:** Please stay at the pool for the entire swimmer's class in case of an emergency where parental consent for care is required.

**Entrance fees:** All pool admission fees apply to students, and individuals accompanying them, that wish to swim/practice before or after lessons. This applies to swimmers and non-swimmers.